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STEDMANS
MAIN ST., MINDEN

Vol. 4, Number 45

R.R. 2, MINDEN, ONTARIO K0M 2K0

Telephone (705) 489-2036

Wednesday, November 5, 1980

Econ. development major concerns of Dysart candidates

HALIBURTON — With the 1980 municipal elections less than a week away, Dysart et al candidates were given their chance to express their platforms at a candidates meeting at the arena Monday evening.

With the two major positions filled by acclamation, Reeve Fearrey and Deputy Reeve Harold Bannon, the local electors will be voting Nov. 10th on three for council, where five are running and four board of education trustees with five running. Ward 3 in Dysart was won by acclamation by Syd Cooper.

Earl Cooper was the first speaker of the evening and he stressed the need for more communication between teachers, parents and the board. Mr. Cooper said he was very encouraged by the formation of a new Parent Association and felt that this would bring the three groups together. He felt that to make this organization successful, it would take a great deal of work, however with a good association, it will be an enormous help to the educators.

Len Salvatori was the next speaker and told the small turnout of voters that he was very happy to see that there was to be an election for the four trustee seats, unlike other areas where some municipalities had to go out and find people the day after nominations closed.

As chairman of the school board he told the audience that declining enrollment in the system has reduced the number of teachers but educational costs continue to rise. One reason being that teachers start at a minimum salary of \$14,900 and can reach as high as \$32,000 after 11 years.

"There are a lot of teachers here that have over 11 years and are now at the maximum salary, accounting for rising costs, he said.

Some of the specialty programs at the schools such as art, psychology, etc., are also very expensive and hopefully some of these programs will be implemented in the near future.

Derrell Stamp, incumbent trustee along with Cooper and Salvatori went over many of the projects he was involved in during his two year tenure on the board, and stated that he would like to see a teacher-board committee established.

Nancy Stinson, incumbent, told the meeting that her major concern, and platform if re-elected, would be the implementation of a special learning program for children with learning disabilities. Mrs. Stinson went on to say that she would like to further the experience she gathered during her first two years as a Trustee on the board of education.

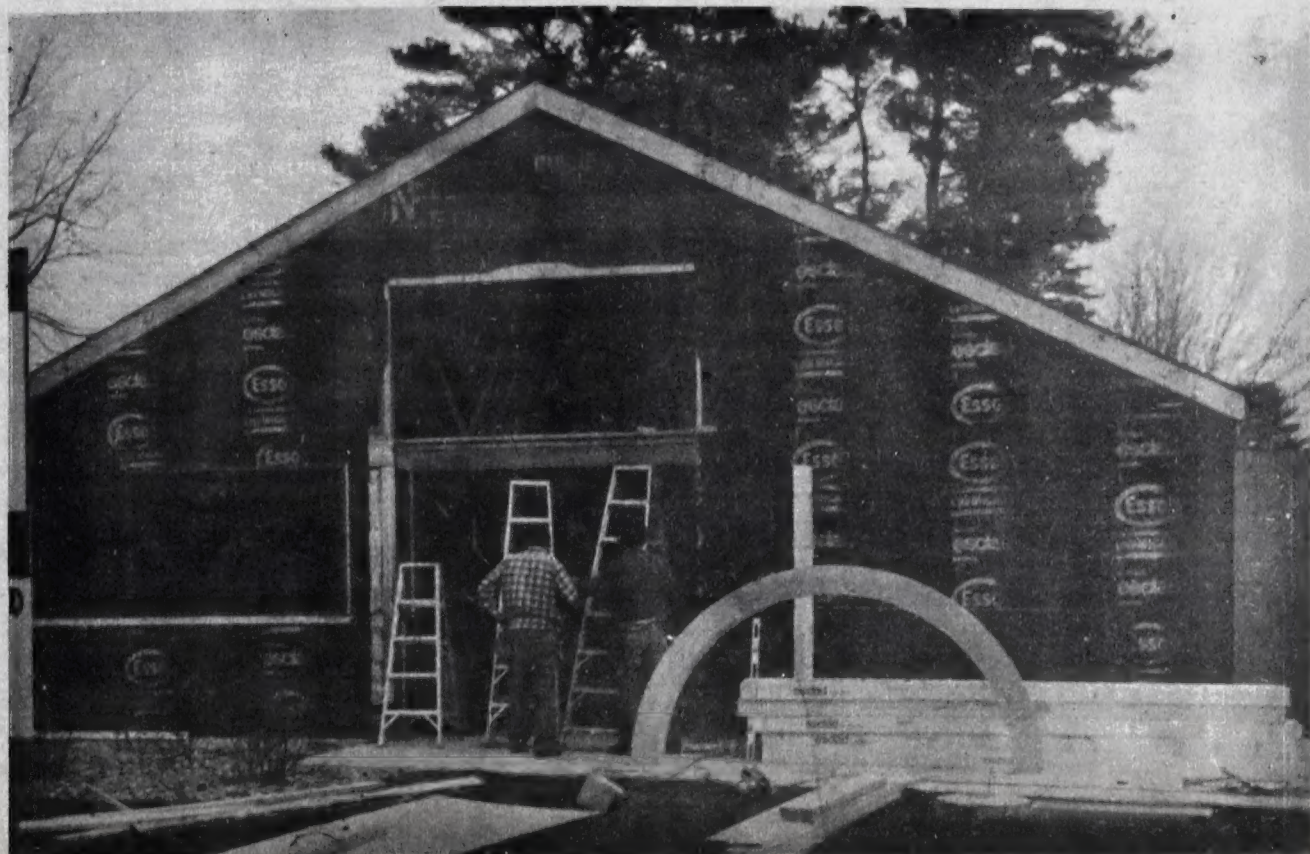
Blanche Turner, a resident of Haliburton for the last nine years is seeking a seat on the board this term as well. Mrs. Turner has been involved in education for the last 15 years, has served five years with the Association for the Mentally Retarded and also five years on the Dysart library board.

Mrs. Turner is seeking quality education for all children in the County, supports the present Trustees in their efforts to bring a speech therapist to the County with the support of the Home Support Service group and the Association for the Mentally Retarded.

Following the trustee speeches, it was time for the candidates for municipal council to address the meeting.

The first speaker was retiring councillor Jack Denholm from Ward 3. Mr. Denholm thanked the constituents for their support over the last four years and said it was now time that some new young blood took up the challenge. That man is Syd Cooper who ran for the vacant post and won.

Tim Casey, who ran for Deputy Reeve in 1978 and was beaten by Harold Bannon, promised the electors of Ward 2 he would run again in 1980. Mr.



New \$80,000 Norland Post Office taking shape

Norland — According to a spokesman for Westmont Engineering Construction Co. Ltd., the new Norland Post Office building shown above will be completed, providing the weather holds, by the end of this month. The 1,000 square foot building, costing approximately \$80,000, is

located just north of the old post office on Highway 35 in Norland. The attractively landscaped new addition to this small Victoria County town will also feature parking facilities off the highway, an much needed improvement over the present post office.

Eakins questions processing of Seniors tax grant applications

Cheques for tax grants to senior citizens have been mailed to about 440,000 seniors in Ontario and there are about 100,000 more applications now being processed, Lorne Maeck, Ontario Minister of Revenue, said recently in the Ontario legislature.

Mr. Maeck was responding to a question asked by John Eakins, MPP for Victoria-Haliburton, concerning the Ministry of Revenue's processing of applications for the new system of property and sales tax grants for seniors.

"Since my office receives calls almost daily, can the minister tell how many applications are still

waiting to be sent out," Mr. Eakins asked.

Applications for the property tax grant were mailed to Old Age Security pensioners in August and September, and cheques for 1980 are sent as soon as applications are received and processed by the Ministry.

Mr. Maeck said there are 233 people employed in the processing of the applications. He said the Ministry will deal with old age security pensioners and people receiving the Canada Pension Plan.

"Then we still have to deal with those people who will be applying individually. I am referring now to the people who are landed immigrants and so on and who are not on the Old Age Security list. In some way or other we have to get those people because we do not have a list of them, Mr. Maeck said.

Seniors not receiving Old Age Security pensions are asked to contact the Ministry of Revenue to apply for both property and sales tax grants.

Colour TV stolen from Black's Home Hdwe., man charged

Haliburton — On Saturday November 1, Blacks Home Hardware store in Haliburton was broken into.

The store was entered by breaking a window and the person responsible took a colour TV home with him. The stolen property was valued at \$380 and has been recovered by Minden OPP officers.

Charged with break, enter and theft and possession of stolen property is Donald Clarence Carey, 25, of Haliburton. The investigation into the break-in was conducted by Constable Jim Solway.

Casey is actively involved in many community services at the present time, Haliburton Legion, Chamber of Commerce, Haliburton Farmers Association and Haliburton Minor Hockey.

Mr. Casey said his one main concern if elected would be to upgrade the safety procedures in the Dysart et al Roads Dept. especially in the winter

See Candidates page 7

Legion prepares for Nov. 11th

On November 11th we will be holding our annual Remembrance Day services. For Canadians over fifty it is easy to remember. The wars were part of their lives, whether they were at home or part of the armed forces. The younger generations did not have this experience and we sincerely hope they never will. For them Remembrance acknowledges a debt to the past, but it is their task to look to a peaceful future.

Before Remembrance Day comes Poppy Week. Every year many people give to the Poppy Campaign and may wonder how those donations are used. All monies collected are deposited in a trust fund and may be used for Poppy campaign expenses: bursaries, a service bureau for vets and dependents, and supplies for hospitalized veterans. No one is paid to operate a Poppy Campaign, all help is voluntary.

STANHOPE RESIDENTS

I sincerely request your support as
COUNCILLOR
for the Township of Stanhope.

- OWNER-OPERATOR OF HALLS LAKE ESSO 7 YEARS;
- MEMBER OF THE STANHOPE VOLUNTEER FIRE DEPARTMENT, 6 YEARS,
- MEMBER, BOARD OF DIRECTORS, HALIBURTON COUNTY SNOWMOBILE ASSOCIATION, 6 YEARS.

I have attended regular council meetings for the last two and a half years and have watched with interest there proceedings.

I feel, if elected, I can be of service to ALL property owners in the township.

On Monday, November 10th
vote to elect . . .

MacDONALD, Dale

X

Advertising... points the way
to better buys.

ATTENTION SENIORS**AN IMPORTANT MESSAGE ABOUT ONTARIO PROPERTY TAX GRANTS****Waiting For Your Grant?**

- If you sent in your Property Tax Grant application but haven't received your grant, please be patient. Many of the applications which contained incomplete information or arrived late because of postal disruptions are still being processed. **IT'S NOT NECESSARY TO CALL ABOUT YOUR GRANT.** A large number of seniors have already been contacted in this regard. The remainder will be contacted or have their grants paid by **NOVEMBER 30, 1980.**

Turning 65?

- If you reached or will reach age 65 between July 1 and December 31, 1980 and are just becoming eligible for the Old Age Security Pension, you may be eligible for Ontario Tax Grants for all of 1980. Property Tax Grant applications and Sales Tax Grants will be **AUTOMATICALLY** mailed to you **BY JANUARY 1981.**

Not Eligible for OAS?

- If you are a senior who has not resided in Canada long enough to qualify for the Old Age Security Pension, you may still be eligible for these grants. You should contact the Ministry of Revenue as soon as possible for an eligibility form.

Reminder

- If your principal residence throughout 1980 is a nursing home, home for the aged, chronic care facility, charitable institution, home for special care or other similar institution, you are not eligible for the grant unless the institution in which you reside pays municipal and school taxes **and** your rent payments are not government subsidized.
- Applications for the 1980 grant can be submitted any time before December 31, 1981.



Ontario

Ministry
of
Revenue

77 Bloor Street West, Toronto, M7A 2B3

Wilberforce woman hurt in collision on Hwy. 121, Monday

Minden — OPP reports the following activity for the period of October 27 to November 2. During this seven day period the staff investigated five reportable and two non-reportable motor vehicle collisions and 88 general occurrences.

More than \$11,300 in damages were set in four of the five reportable motor vehicle collisions. A local woman was injured in a single-vehicle collision near Wilberforce on Highway 121, and a deer ran in front of a pick-up truck on Highway 35 south of Dorset and was killed.

DRIVER LOOSES CONTROL IN SLUSH

Edward N. Baker 60, of Cardiff was westbound on Highway 503 last Monday, October 27, when he lost control of his car in the slush and struck a rock-cut in the south ditch. The accident occurred at 7:40 a.m. and police have set damages at \$1,800 to the vehicle. P/C Jim Solway

\$6,000 DAMAGE TO 1980 PICK-UP

A 21 year old Wilberforce woman suffered minimal injuries in a single-vehicle collision on Monday, October 27th.

Cindy Ablett was northbound on Highway 121 in Dudley Township, lost control of her pick-up truck in the slush and rolled over in the east ditch.

Police report the collision occurred at approximately 9:45 a.m. and have set damages to the vehicle

Pickering man is charged

Minden OPP have charged Robert Grant of Pickering Ontario with theft of hydro.

The theft occurred October 8th, 1980 at a cottage in McClintock Township near Dorset. Grant, the owner of the cottage, is alleged to have bypassed the meter to supply hydro to another building.

Grant has been charged with theft under \$200 and will appear in Minden Provincial court on December 23. Invest. By P/C Bob Wood

NEED HELP
AROUND
THE HOUSE,
PROPERTY,
COTTAGE
OR FARM?
CHECK OUR
DIRECTORY
FOR AREA
TRADESMEN

at \$6,000. P/C Jim Solway

TORY HILL WOMAN INJURED

At approximately 8:55 a.m. on Monday, October 27th, a Tory Hill woman suffered minor injuries in a single-car accident.

Elaine Holland 56, was northbound on Highway 519 north of Haliburton, when her car started to skid and entered the west ditch.

Damage has been set at \$1,500 to the vehicle. P/C Brown.

DEER KILLED NEAR DORSET

Jon Derry 64, of Dorset was southbound on Highway 35 on Tuesday, October 28th, when his pick-up truck struck a deer as it crossed the highway. The deer was killed in the collision and police have set damages to the truck at \$2,000. P/C Bob Pearson.

Anson, Hindon and Minden Council Minutes

Minden — The 23rd meeting of the Council of Anson Hindon and Minden took place at the municipal chambers on Wednesday, October 22nd at 7:30 p.m.

Causeway to Shuyler's Island; Mr. G. Crosby of Totten Sims Hubicki presented his engineering report to council and advised that extra culverts installed in the causeway would not have any beneficial effect on the flushing action of Horseshoe Lake. Wind induced currents might possibly have more value than the natural flow. Mr. G. Lucas of the Horseshoe Lake Cottagers Association, questioned Mr. Crosby on several matters. Council directed the clerk, to contact M.T.C. regarding possible funding for an in depth soil tests study of the cause.

McCrackan's Lane; J. Earl Palmer was present requesting permission to deed the existing township maintained road passing through LOT 10, Con. 7, Minden Township, to the municipality at no cost to the McCrackan's. Council directed the Clerk and E. Palmer to ascertain for the next meeting, the cost to survey the road involved.

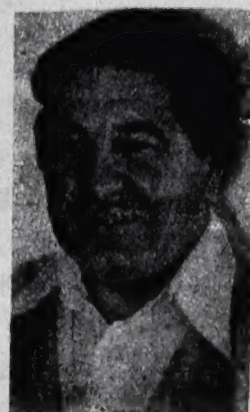
Turnaround fronting the Anglican Church; Major G. Lewis was present regarding the turn around in front of St. Peter's Anglican Church. Council advised Major Lewis to contact his people for a possible solution to their parking problem and report back to the next meeting.

Donation of rafts; A letter was received from the Minden Red Cross Society donating three rafts for future swim programs. A letter of thanks is to be sent to the Secretary of the Society.

Extend M.N.R. lease; Council passed a resolution that the Municipality agrees to extend the lease on the gravel pit in Lot 13, Con. A, Township of Anson for three months for the purpose of the Ministry of Natural Resources wood program.

ACCEPT CULTURAL CENTRE TENDER; Council, in a resolution, accepted the tender of 1867 Confederation Log Homes to construct the Minden Cultural Centre for the total contract price of \$50,500 subject to the approval of the Cultural Committee; and providing that the building conforms with the Ontario Building Code in all respects. This price to include pine V joint ceiling.

**RE-ELECT
LEN SALVATORI
for
SCHOOL TRUSTEE
in
DYSART ET AL**



MONDAY, NOVEMBER 10, 1980

ONCE AGAIN I AM SOLICITING YOUR SUPPORT BECAUSE:

1. I wish to see the youth of Haliburton County receive equal education opportunities;
2. Many years experience as your trustee;
3. Because of my continued interest in the County education system I will continue to give generously of my time if re-elected.

YOUR SUPPORT WILL BE APPRECIATED

Furnace Servicing

Tests carried out in the Ottawa area by the Canadian Combustion Research Laboratory indicated that the average residential oil furnace may be operating up to 20 percent below its rated efficiency. The main causes are improper adjustment and inadequate maintenance.

It is important that an oil furnace be given a complete service check-out once a year. The laboratory cites six important functions the serviceman should carry out:

1. Remove soot. The firepot, heat exchange and pipes should be completely cleaned.
2. Check stack temperature. The largest heat loss will be in hot gases going up the chimney. To keep this to a minimum, the serviceman should measure the temperature of the gases leaving the furnace. It should be between 300 Degrees F. (148 Degrees C) and 450 Degrees F. (230 Degrees C). Often this temperature is over 600 Degrees F. (316 Degrees C). It can be reduced by increasing the speed of the circulating fan.
3. Try a smaller nozzle size. One 20 percent smaller,

or the lowest firing rate recommended for your furnace, whichever results in the greater improvement, will result in a drop in flue gas temperature and an increase in furnace efficiency.

4. Check smoke number. The serviceman should draw a small amount of stack gas through a smoke density measuring device. In an efficient furnace, the stack gas will be virtually free of soot. If not, the burner should be re-tuned.

5. Check carbon dioxide level. The amount of carbon dioxide in the stack gas will give a further measure of the furnace's thermal efficiency. Measured in this way the best efficiency that can be expected is about 80-85 percent.

6. Check draft and adjust barometric damper. The serviceman should check the draft or draw of air through the fuel box and in the stack. The barometric damper should be adjusted if necessary.

The Director of Investigation and Research at the Department of Consumer and Corporate Affairs believes that furnace check-outs advertised as 'complete' should include the above-mentioned tests. If such tests are not performed during a complete check-out the advertiser faces the possibility of an inquiry in relation to the misleading advertising provisions of the Act.

This Department wishes to extend his appreciation to the Canada Department of Energy, Mines and Resources for much of the information contained in this article.



Gov't. vehicle converted to propane

Minister of Transportation and Communications James Snow (left) and MTC driver Dave Cornfeldt look at the first of one hundred government vehicles to be converted to run on propane

MTC, in co-operation with the Ministry of Energy, will monitor the performance of one hundred government and

one hundred private sector vehicles taking part in a propane demonstration.

This demonstration project is a part of the overall Ontario government's promotion of propane as an alternative to gasoline for use as a transportation fuel in order to reduce the province's dependence on petroleum.

Any TV station cutting a film to fit a time period usually comes up with a horror movie.

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the KGB
...and himself!



WALTER MATTHAU GLENDA JACKSON
HOPSCOTCH

Fri. 7 Sat. 8

Sun. 9

MOLOU Theatre
HALIBURTON

A battle
beyond time...
beyond space.
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and
HOG WILD
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THE YOUNG CYCLE GIRLS
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Hwy. 519, Haliburton

Interstate 65 — Louisville to New Orleans

From Kentucky down to New Orleans, Interstate 65 gives access to so many places of interest that the drive itself becomes a vacation.

Churchill Downs in Louisville, Ky. is one of the best-known racetracks in the world. It's the home of the Kentucky Derby which is run every year in May.

The track, and a museum which outlines its history, stay open year-round. The museum exhibits scale models showing how the track developed from modest beginnings, and there are many other exhibits relating to the development of horse-racing in general. During the summer, after visiting the museum, you can join a guided tour that includes a visit to the stables.

The American Saddle Horse Museum, also in Louisville, outlines the history of the saddle horse and displays an outstanding collection of antique carriages and other horsedrawn vehicles.

Louisville's primary cul-

tural attraction is the superb J.B. Speed Art Museum. It is a world class gallery and museum filled with old masters and contemporary works. Its most prized exhibit is Portrait of a Woman, a Rembrandt acquired recently at a cost of more than \$1 million.

Locust Grove and Farmington, two charming old homes dating from the period 1790-1810, have been completely refurbished and now display antique furnishings. Farmington has a reconstructed 18th century garden, a blacksmith's shop and a timber barn. Both houses give a good impression of life as it was for wealthy Louisville citizens nearly two centuries ago.

Huntsville, Alabama, which is another short diversion from I-65, has the Space and Rocket Center where many exhibits relating to space travel are displayed. They include a lunar landing vehicle and an Apollo command module.

Mobile, at the southern

end of I-65, was founded by the French who built a fort there in 1702. It is now a busy industrial city and port but some sections of the downtown area have tree-lined streets redolent of the Old South, and fine old homes that have been preserved much as they were more than a century ago.

Fort Conte, built to defend the city in its early days, has been partly reconstructed, and several of the city's oldest buildings have been restored to serve as museums which tell the story of Mobile's past.

The largest single tourist attraction on the entire route is in Mobile — the USS Alabama, a battleship of World War II nearly 700 feet long. She is permanently moored at dockside and is open to the public. Alongside is a submarine, the USS Drum. Several naval aircraft are displayed on shore nearby.

New Orleans is a city unlike any other on the

North American continent. It was founded by the French, damaged by disastrous fires and rebuilt during a period of Spanish occupation. It has survived from that time virtually intact.

The Vieux Carre (Old Square) also known as the French Quarter, has many old homes, some of which have picturesque interior courtyards in the Spanish manner.

Antique stores, gift shops, restaurants and bars line the narrow streets, many of which are overlooked by distinctive balconies of wrought and cast iron. Only the signs written in English betray the fact that it is not a European city.

Louisville has some unusual shopping areas including Bakery Square which is a restored area in the German community of Butcher-town, and The Cloister which is a group of shops in a restored girls' academy.

Mammoth Cave, one of the world's greatest natural wonders, is only a short diversion from I-65. The caves are so large that there are seven separate tours of

varying duration extending through different parts. The shortest tour lasts 1½ hours; the longest six hours.

Nashville, Tennessee is the home of the Grand Ole Opry which was founded in 1925 and is the longest-running radio show in the U.S. From 1943 to 1974 it was staged in the 300-seat Ryman Auditorium in downtown Nashville but it was then moved to its present home — the 4400-seat Opry House which is part of Opryland, U.S.A.

Opryland is an entertainment park where more than 450 performers appear throughout the day in family-type musical shows. They vary from a Gay Nineties show through Dixieland, gospel and rock 'n' roll to riverboat nostalgia and are presented in indoor and outdoor theatres. Country Music USA which combines just about every kind of country music into a single show is a major attraction.

Nashville also has the Country Music Wax Museum where more than 50 realistic wax figures of country music stars are displayed. Some are seen playing instruments

used by the stars depicted, and donated by them to the museum.

Nashville got its reputation as The Athens of the South because it is the home of more than 15 institutions of higher learning. One of its downtown parks is graced by a full-scale representation of the Parthenon on the Acropolis at Athens, Greece. Inside, paintings and casts of the Elgin Marbles that adorned the original Parthenon are displayed.

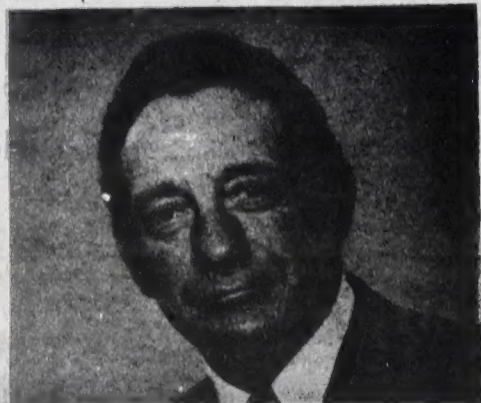
New Orleans is the home of jazz which is heard all over the city but particularly in the French Quarter. Preservation Hall is the place to hear it being played in the original style.

The area around Jackson Square, originally the Place d'Armes, has outdoor cafes, sidewalk artists, and the historic French Market, recently refurbished, which dates from 1720. It is close to the Mississippi River which is always busy with traffic, including sternwheel paddleboats which carry passengers on sightseeing expeditions.



LOUISVILLE, KY. . . . Churchill Downs is the site of the famous Kentucky Derby on the first Saturday of every May.

ANSON, HINDON & MINDEN

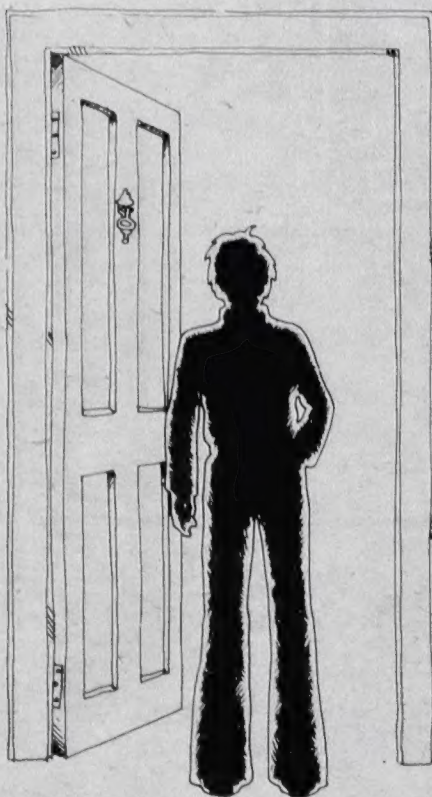


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REEVE**

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Ontario.**

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It may surprise you to learn that many of today's foster children are in their teens—a time of life when foster parents could provide the direction they need.

For more information about becoming a foster parent, contact:

Kawartha-Haliburton
Children's Aid
Society
Peterborough
743-9751

Grape and Orange Tart

2 cups green grapes, seed-
ed or unseeded
3 oranges, sectioned
3 tbsp. cornstarch
1/2 cup sugar
salt
1 1/2 cups fresh orange
juice, strained
fluted 10" baked tart shell

Mix the cornstarch, sugar, and salt together in a pan and whisk in the strained orange juice. Cook until thickened. Cool. Peel and section the oranges.

Place the sectioned orange slices and grapes in an attractive pattern on the baked pie shell and cover with the glaze.

**Fight
Them All**

Heart Attack, Stroke
High Blood Pressure

Dysart receives grant, \$3,750

Haliburton — Community planning study grants totalling almost \$12,000 have been allocated to three Ontario municipalities, according to Ontario Housing Minister Claude Bennett. Dysart et al has been awarded \$3,750 of the total amount allocated by this ministry.

The grants are designed to assist municipalities and local planning boards in preparing official plans and zoning bylaws or in bringing these up to an acceptable level.

The funds can also be used in preparing zoning bylaws to replace minister's zoning orders, to finance planning programs for unorganized territories or for other relevant planning studies.

Tackling your energy crisis

Energy conservation is something that we should keep in mind all year round, but fall is an especially appropriate time, in preparation for the winter ahead.

If you are concerned about saving energy, and saving money, here are some suggestions to consider:

1. Glue styrofoam rigid board to cement walls in the basement and to foundation walls outside. To do the latter, dig a trench one or two feet deep, glue the panels on, then pack the dirt back in. The more earth the better, but only to within 8 inches of wood siding.
2. Cover north windows with styrofoam panels at night.
3. Hang insulated drapes or blinds at the windows.
4. Caulk every crack through which cold air comes in.
5. Use weatherstripping generously at doors and windows.
6. Remove radiator covers in winter. They keep heat from circulating. So do things piled on top of radiators. So does dust.
7. Use storm windows inside as well as outside for three layers of glass.
8. Use shutters. If they are only decorative and will not shut, maybe you can replace them with ones that will.
9. Put clear acrylic plastic over the glass in outside door.
10. This will not do you any good this year, but plant evergreens near the house at the northern exposure. This wind break will eventually save you fuel.
11. Take the old rolled-up rugs out of the attic and use them on the basement floor.
12. When painting the house again, use dark non-glossy paint. It will absorb the sun's heat and help keep the house warm.
13. Keep drapes drawn at night and on windy days. Keep them open when the sun is shining. You will be surprised at how much heat you will get.

14. Turn the thermostat on the hot water tank down to 120 or even a bit less. You do not really need scalding hot water gushing out of the taps.

15. Insulate the hot water tank. Tie an old blanket around it.

16. Add enclosed porches at outside entrances. This will save you a lot of fuel and many even look good.

17. Shut off rooms not in use. If they have no doors, install doors.

18. Keep the whole upstairs closed off during the day when nobody is spending much time there.

19. Turn down the thermostat at night. Pile on the blankets, wear warm pyjamas, bed socks and even a nightcap.

20. Move furniture away from the outside walls of the rooms.

21. Put reflectors behind radiators and wood stoves to direct heat out into the room.

Mainstream Canada

Confusion Over New Program

By W. Roger Worth

There's little wonder Canada's independent business community may be confused about a government-backed program designed to provide low-interest loans to expanding smaller firms.

The concept was initially put forward by John Crosbie in last December's ill-fated Conservative budget that resulted in the Liberals return to power.

After prodding from the 56,000-member Canadian Federation of Independent Business, Finance Minister Allan MacEachen approved what has become known as the Small Business Development Bond in an economic statement last spring.

Roger Worth is Director, Public Affairs, Canadian Federation of Independent Business.

That's when the fun started.

The Ottawa mandarins didn't like the concept that had been accepted by their political masters. So they took lots of time (like only bureaucrats can) to write legislation

and regulations that make it extremely difficult for smaller firms to take advantage of the program.

Then the banks — who were expected to administer SBDBs — had to be pushed into offering the program. In addition, some bankers decided to "split" the benefits of the Ottawa backed scheme with small and medium-sized enterprises.

Even now, there is a wide divergence among SBDB interest rates charged by banks and other financial institutions.

The reluctance of professional bureaucrats and bankers to accept new ideas appears to have been demonstrated only too well in this scenario.

What's worse, few of them appear to comprehend the importance of independent firms and the need to encourage programs like the low-interest loan scheme.

The decision makers should take a quick look at the economic scorecard. It's no secret that Canada's small and medium-sized firms are creating a majority of the new jobs in the country and deserve all the help they can get.

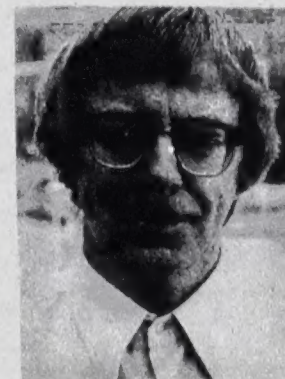
Stanhope Ratepayers

on Nov. 10th vote

PENNY GOUGH for COUNCIL

IMPROVING ROADS — RESTORE OLD COUNCIL CHAMBERS FOR MUSEUM — ENCOURAGE BUSINESS & INDUSTRY — START LADIES AUXILIARY IN STANHOPE.

Anson, Hindon & Minden



VOTE Leroy Lichty for Councilman

VOTE: BLANCHE TURNER PUBLIC SCHOOL TRUSTEE for DYSART

on the HALIBURTON COUNTY BOARD OF EDUCATION



For transportation to the Polls, call 457-2898

YOUR SUPPORT WOULD BE APPRECIATED

Help your Heart... Help your Heart Fund

VOTE FOR:

- Experience in Education
- awareness of needs of Haliburton County
- Commitment to quality education for ALL students
- Parent INVOLVEMENT in Education
- A strong voice on the Haliburton County Board of Education

Laxton, Digby, Longford on November 10th

VOTE . . .

Paul Gilmour for COUNCILLOR

I PLEDGE:

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On Nov. 10th

VOTE Patrick Kennedy

for your representative in WARD 1

Municipality of Dysart et al

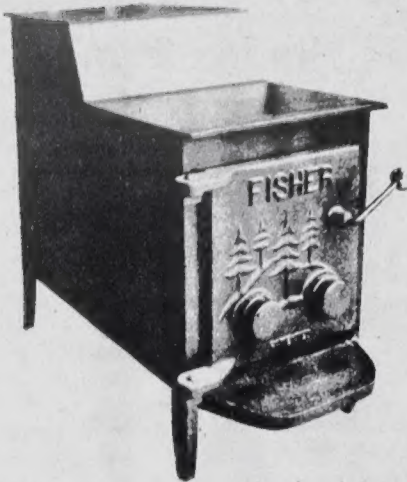
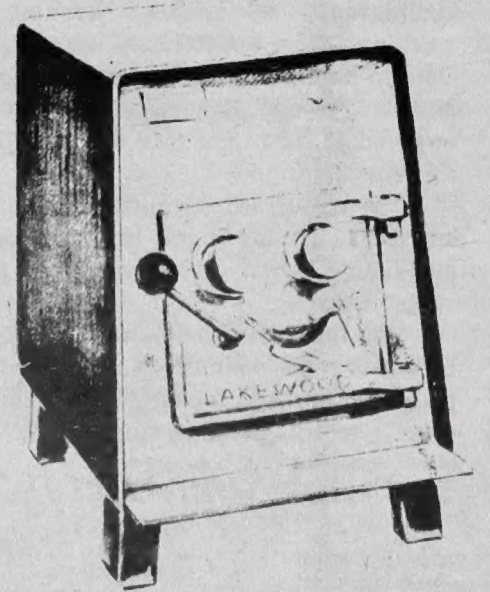
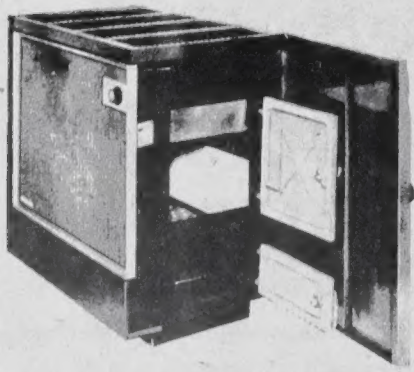
I have grown up in the Haliburton area, now operate a business in the village and am actively involved in the community.

I would welcome the challenge and opportunity to serve you on Municipal Council this term.

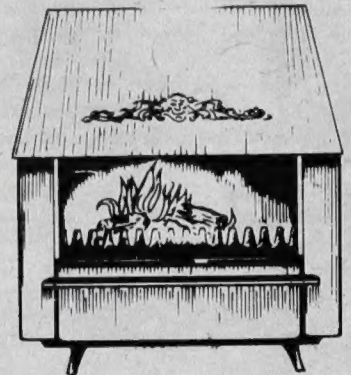
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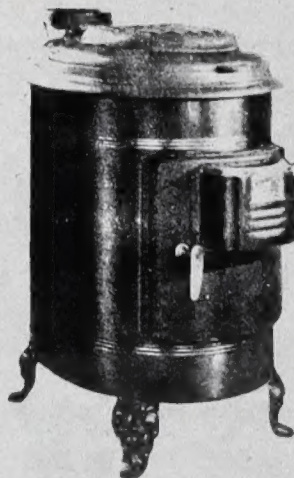
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286-1843

Dysart Candidates meeting

Cont from page 1

months when snowplowing can become a dangerous occupation. He would like to see an efficient radio system installed as well.

Gary McKnight, incumbent in Ward 2, informed Mr. Casey that the radio system had already been ordered for the Dysart Roads Dept.

Mr. McKnight went over many of the accomplishments of council over the past six years he has been a member and specifically the improvements to the roads system in Ward 2.

His main concern for the future of Dysart et al are employed and individual development in the area. He also is very concerned over the prospect of the CNR being discontinued completely, leaving the Dysart et al Industrial Park in Donald a useless piece of property. Mr. McKnight said he would like to continue the fight to get the railway running again between Victoria and Haliburton Counties.

Three candidates will be seeking the one seat in Ward 1 in the upcoming election, incumbent Roy Brohm, Linda Beachli and Patrick Kennedy.

Mr. Brohm told the meeting that during his term of office new roads have gone in at Skyline Park and the dump road. He also stated that he would like to continue the fight, along with Reeve Murry Feary to bring DREE funding into the area.

Brohm also stated that the official plan, implemented during his time in office has been in force now for one year and is working very well in the area of cottages being built along the municipalities shorelines. "These buildings are now being built well back from the shoreline unlike some that where built before the plan was established," he said.

Linda Beachli, running for council for the first time brought many things into her platform speech. Mrs. Beachli, who is a partner with her husband in John Beachli Construction, has been a resident of Haliburton County for the past 13 years. She stated that her main concern lies with economic development for the area. She went on to say that there should be a concentrated effort put into our major industry, which is tourism.

Mrs. Beachli said that the Haliburton Red Cross Hospital will no longer be run by the Red Cross by 1984. We must look now, into where the funding is going to come from, for the hospital, so that the services being offered by the hospital remain the same, without having to go to Lindsay or Peterborough.

Patrick Kennedy told the meeting that his main concern, besides economic development for Dysart,

BEAUTIFUL YOU

How to cope with split ends



BY RENE VINCENT

Split ends, those ragged tips of the hair, are an indication of the damage done to the keratin or protein of the hair shaft.

Sometimes this damage indicates that the keratin is crumbling and does not retain its water. But it may also be a mechanical damage caused by hard brushing, hair rollers or bobby pins.

When wet, the keratin is weaker. Crushing the hair shaft at this time with pin

curls or brush rollers will break the hair and result in split ends, even more so on heavily-processed (permed or colored) hair.

Simply cutting off the split ends is not the whole answer because the new end of hair will soon start to split. One must rebuild the keratin in the whole hair shaft. This can be done quite easily by using protein shampoos and condi-

tioners. These will tighten the hair shaft and help it retain the water needed by the hair protein or keratin to remain firm and supple.

If you pull on both ends of a healthy hair, it will stretch without breaking. Apply a series of protein treatments before cutting split ends and wait and see if this program will repair the damage. If it is too late and the split ends do no disappear, then they should be cut off. The rest of the hair will not fray again because of the protein treatments.

Next week we'll provide you with a list of dos and don'ts on caring for split ends.

Rene Vincent is executive director of the Allied Beauty Association, a national, non-profit trade association formed by the professional beauty industry to improve the quality of haircare.

Harvest Casserole

2 large eggplants
2 onions, finely chopped
1 green pepper, chopped
3 minced garlic cloves
salad oil
2 medium zucchini
4 medium carrots
2 medium potatoes
3 medium tomatoes
salt and pepper
1 tsp. oregano
1 tsp. basil
2 cups yogurt
3 egg yolks
1/2 cup sifted flour

Slice the eggplant into 1/4" slices and place on platter. Lightly sprinkle salt over each slice. In a large frying pan saute the onions, green pepper and garlic. Grate the zucchini, carrots and potatoes and place in a large bowl. Add the onions, green pepper and garlic. Mix thoroughly. Season with salt, pepper, oregano and basil. Pat the eggplant slices dry, dip in flour and brown on both sides in frying pan. Cover the bottom of a casserole with eggplant slices and arrange grated vegetables on top. Bake at 350 degrees F. for 1 hour. In a bowl, mix two cups yogurt, 3 egg yolks and 1/2 cup sifted flour. Spoon over contents in casserole and place under broiler for a custard like topping.

is that careful planning be implemented so that present programs that are being run in Dysart remain functioning. Mr. Kennedy promised the voters genuine concern and an ability to work on their behalf.

Mr. Kennedy is a Charter member of the Haliburton Kinsmen Club, on the Board of the Haliburton County Snowmobile Association and also a member of the Haliburton Ambulance Service.

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VOTE TO ELECT

Ann Barker

COUNCILLOR

STANHOPE TOWNSHIP

- Mother of three children,
- Former P.T.A. President,
- Operated Lil' Chick Inn Restaurant,
- Handles emergency calls for the Stanhope Fire Department,
- Actively involved in community events,
- Chaired the 1980 Stanhope Fun Week,
- Genuinely interested in future and growth of Stanhope Township,

WE WELCOME YOUR COMMENTS, CALL

489-3180

Advance Polls, Sat., Nov. 1 and Sat., Nov. 8th

REGULAR VOTING DAY:

Monday, November 10th

The Highlands Express

Published every Wednesday at our offices on the North Shore Road, two miles north of Carnarvon off Highway 35.

Mailing Address:

R.R. #2, MINDEN, ONTARIO K0M 2K0
Telephone: 489-2036

BOB MANN, Publisher

CLIFF BURKE, News Editor

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Also the publisher takes no responsibility for statements or claims made in any advertisement and will, upon written request, reveal the name and address of person or persons responsible for placing any display advertisement, political or otherwise, except for "blind" box advertisements.

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ADVANCE POLL NOV. 1
ELECTION DAY NOV. 10

Vote to Re-Elect

McKNIGHT, Gary

Councillor Ward 2

Municipality of Dysart Et Al

EXPERIENCE—CONTINUITY—PROGRESS

★ Impartiality in Local Government ★

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48 fl. oz. btl.

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F.B.I. apple juice



4 x 5 oz. tins

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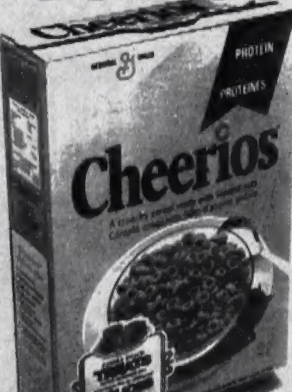
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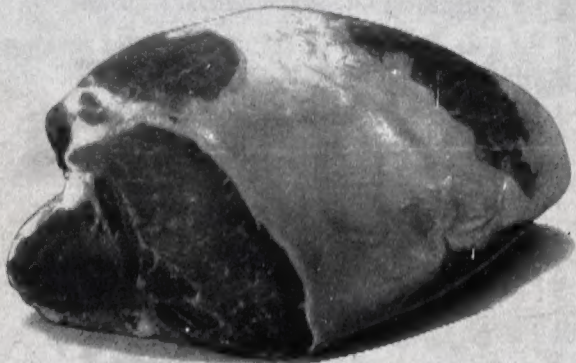
1.38

lb.

for roasting, tenderloin portion.

loin o pork

3 to 3 1/2 lb. avg.



for roasting, rib portion

loin o pork

3 to 3 1/2 lb. avg.

lb.

1.28

Devon brand rindless bacon 500 g pkg. **1.58**

ideal for dressing pork spareribs **1.58**

SWIFTS by the piece bologna lb. **1.18**

Maple Leaf cooked ham 175 g pkg. **1.58**

FREEZER FILLER SPECIALS

All bone and fat included in hanging weight cut and wrapped

Canada grade A beef

Beef Fronts weight 125 to 130 lb. lb. **1.49**

Contains: roasts — blade, short rib, prime rib, steaks — blade, prime rib, ground meats and stew

Canada grade A beef

Beef Hinds weight 130 to 140 lb. lb. **1.88**

Contains: roasts, rump, tip, round, steaks — round, sirloin T-bone, ground meats and stew

Veal Fronts medium long cut weight 45 to 55 lb. lb. **1.58**

Contains: roasts, chops, stew

for roasting, rib portion

loin o pork

3 to 3 1/2 lb. avg.

lb.

1.28

Devon brand rindless bacon 500 g pkg. **1.58**

ideal for dressing pork spareribs **1.58**

SWIFTS by the piece bologna lb. **1.18**

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Contains: roasts, rump, tip, round, steaks — round, sirloin T-bone, ground meats and stew

Veal Fronts medium long cut weight 45 to 55 lb. lb. **1.58**

Contains: roasts, chops, stew

frozen, in butter sauce 10 oz. pkg.

Green Giant vegetables **.79**

frozen assorted Stouffers dinner 8.75 to 11.5 oz. pkg. **1.39**

frozen Farm House apple pie 24 oz. pkg. **1.29**

Weston plain english muffins pkg. of 8 **.79**

4 roll pkg.

1.19

Cottonelle bathroom tissue



toddlers pkg. of 24

Pampers diapers **3.99**

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Glad wrap **.79**

assorted Scott paper towels 2 roll pkg. **1.29**

Ivory liquid detergent 1 Litre cont. **1.99**

Bounce sheets fabric softener pkg. of 40's **2.89**

Tide - powdered laundry detergent 6 Litre box **3.89**

bath size bar soap

Gentle Touch 140 g size **.59**

normal or oily shampoo

Herbal essence 225 mL cont. **1.79**

regular flavour Crest toothpaste 150 mL tube **1.89**

Alpo - assorted dog food 14.5 oz. tin **.39**

128 fl. oz. jug

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Hunts tomato sauce 7.5 fl. oz. tin **4/99**

elbow macaroni or Lancia spaghetti 1 kg pkg. **1.29**

condensed Heinz tomato soup 10 fl. oz. tin **4/99**

Planters dry roasted peanuts 325 g jar **1.49**

Mott's clamato juice 1 Litre btl. **1.09**

orange flavour crystals pkg of 4/3 1/4 Tang oz. envelopes **1.39**

Green Giant Vegetables 14 fl. oz. tin **2/89**

orange pekoe Salada tea bags pkg. of 120 **3.49**

Kraft soft Parkay margarine 1 lb. **.95**

Columbian ground coffee chock full o' nuts 13 oz. tin **3.99**

assorted Carnation instant breakfast 6 enve. pkg. **1.79**

Nabisco regular or Quick cream of wheat 800 g pkg. **.99**

Nestle Quik chocolate drink powder 375 g cont. **1.19**

Aunt Jemima pancake mix 1 kg **1.29**

butter or regular flavour Aunt Jemima syrup 750 mL cont. **1.69**

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THE / SPORTS Express CLASSIFIED

Wed., Nov. 5, 1980

Peewees bantams loose season openers

Minden — The Minden Minor Hockey Association opened its 1980-81 season at the Centre on Saturday afternoon with the Peewees meeting Beaverton and the Bantams taking on the Flyers from Fenelon Falls. The results at the final whistle were the same, as the visitors won both contests.

After a week of drills in the Ray Goulet Hockey School, the Minden boys certainly had their legs under them but their lack of any practice time as a team showed. As for the visitors, they were much more prepared for these games, playing their positions well and passes clicking. The Minden boys, with the lack of ice-time practice, could get nothing working in either game. Patience. With a couple of practices and some plays from the respective coaches and both these local teams will win their share of games over the balance of the season. Both squads are loaded with talent and this talent just needs some direction.

MINDEN PEEWEES 0 BEAVERTON 5

The first game of the 1980-81 season took place at 4 p.m. on Saturday with Beaverton taking on the Minden peewees.

From the opening whistle it was obvious that the Beaverton squad was more than ready to play hockey, while the Minden players were very confused on the forward lines. The defence and the goaltending appear sound.

The final score in this contest was 5-0 for the visitors and could have been much higher if not for the solid goaltending of Andrew Burk and stellar defensive work of Darryl Ward.

Scoring for the Beaverton team were Philip Lancaster, John Vestergard, Doug Wilton, Kevin Glen and Tod Corner.

The Minden lads now travel to Haliburton on Friday evening and then back to the Centre on Saturday against Bobcaygeon.

MINDEN BANTAMS 1 FENELON FALLS 7

The goaltending of Scott Hamilton was the saviour for the Minden Bantams when they met the Fenelon Falls bantams on Saturday in their season opener. If not for Hamilton's outstanding performance

the score of the game could easily have ended in double figures. The defence was very weak and the forwards wasted many glorious opportunities throughout the contest, including three breakaways and a penalty shot.

Minden opened the scoring unassisted at the four minute mark of the first period on what appeared to be a routine shot from the left side. However, the puck took a crazy hop off the stick of the Fenelon goaltender and went in the net. From this point on it was all Fenelon and in particular David Faulkner who scored four goals, one shorthanded. Tom White added a pair, one on the power play and the final goal of the evening was scored by Paul Young, also a shorthanded effort.

Att: Moose and Deer Hunters

Again this season the Ministry of Natural Resources will be collecting the complete lower jaws from moose and deer taken by hunters in Ontario. Data such as age, sex and location of kill are obtained, which are used in management of these species. With the recent 'selective harvest' system in place it is most important that the Ministry has sex, age and location of all data in order that numbers of antlerless deer permits can be set for the future.

NEW DEER CHECK STATIONS: This season deer hunters can check their deer kills at the Ministry office in Minden.

See Moose Hunters page 2

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(Universal)

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Minden Minor Hockey Association — Schedules

OMHA - JUVENILE D

Cannington-Ops-Minden- Little Britain-Sunderland-Fenelon Falls
Millbrook-Omamee-Oakwood-Woodville-Bobcaygeon

DATE	TIME	GAMES
Wed. Oct. 29	9:00	Little Britain at Omamee
Sat. Nov. 1	7:00	Oakwood at Sunderland
Sun. " 2	7:30	Ops at Cannington
Tues. " 4	9:00	Omamee at Woodville
Wed. " 5	9:00	*Minden at Omamee*
Fri. " 7	8:00	*Little Britain at Minden
Sat. " 8	9:00	Sunderland at Oakwood
Sun. " 9	7:30	Bobcaygeon at Cannington
Sun. " 9	8:30	Millbrook at Ops
Mon. " 10	8:30	Fenelon Falls at Millbrook
Tues. " 11	9:00	Little Britain at Woodville
Wed. " 12	9:00	Oakwood at Omamee
Fri. " 14	9:00	Oakwood at Little Britain
Fri. " 14	8:00	*Sunderland at Minden
Sat. " 15	9:00	Cannington at Oakwood
Sat. " 15	7:00	Ops at Sunderland
Sun. " 16	7:30	Millbrook at Cannington
Sun. " 16	8:30	Fenelon Falls at Ops
Sun. " 16	3:00	Little Britain at Bobcaygeon
Mon. " 17	8:30	Woodville at Millbrook
Mon. " 17	7:30	Omamee at Fenelon Falls
Tues. " 18	9:00	*Minden at Woodville
Wed. " 19	9:00	Sunderland at Omamee
Fri. " 21	8:00	Fenelon Falls at Bobcaygeon
Fri. " 21	9:00	Sunderland at Little Britain
Sat. " 22	9:00	*Ops at Minden
Sat. " 22	7:00	Bobcaygeon at Oakwood
Sun. " 23	7:30	Bobcaygeon at Sunderland
Sun. " 23	8:30	Fenelon Falls at Cannington
Mon. " 24	8:30	Woodville at Ops
Mon. " 24	7:30	Omamee at Millbrook
Tues. " 25	9:00	Little Britain at Fenelon
Wed. " 26	9:00	Oakwood at Woodville
Fri. " 28	8:00	Cannington at Omamee
Fri. " 28	8:00	Ops at Bobcaygeon
Sat. " 29	9:00	*Cannington at Minden
Sat. " 29	7:00	Bobcaygeon at Oakwood
Sun. " 30	7:30	Millbrook at Sunderland
Sun. " 30	8:30	Woodville at Cannington
Mon. Dec. 1	8:30	Omamee at Ops
Mon. " 1	8:30	Little Britain at Millbrook
Tues. " 2	7:30	*Minden at Fenelon Falls
Tues. " 2	9:00	Sunderland at Woodville
Wed. " 3	9:00	Ops at Omamee
Fri. " 5	9:00	Cannington at Little Britain
Fri. " 5	8:00	*Bobcaygeon at Minden
Sat. " 6	9:00	Millbrook at Oakwood
Sat. " 6	7:00	Fenelon Falls at Sunderland
Sun. " 7	7:30	Omamee at Cannington
Sun. " 7	8:30	Little Britain at Ops
Mon. " 8	8:30	*Minden at Millbrook
Mon. " 8	7:30	Oakwood at Fenelon Falls
Tues. " 9	9:00	Cannington at Woodville
Wed. " 10	9:00	Bobcaygeon at Omamee
Fri. " 12	9:00	Ops at Little Britain
Fri. " 12	8:00	*Millbrook at Minden
Sat. " 13	9:00	Fenelon Falls at Oakwood
Sun. " 14	8:30	*Minden at Ops
Fri. " 19	8:00	*Fenelon Falls at Minden
Sun. " 21	7:30	*Minden at Cannington
Fri. Jan. 9	8:00	*Woodville at Minden
Sat. " 10	7:00	*Minden at Sunderland
Fri. " 16	8:00	*Omamee at Minden
Sat. " 17	9:00	*Minden at Oakwood
Sun. " 18	8:00	*Minden at Bobcaygeon
Fri. " 23	8:00	*Oakwood at Minden
Fri. " 30	9:00	*Minden at Little Britain

The Royal Canadian Legion



UNITED IN REMEMBRANCE

Poppy Week, November 4 to 11th

Ray Goulet hockey school readys players for 80's season

Minden — The Minden hockey players were put through a rigorous five day hockey school last week by Ray Goulet. The Hockey School, the first of its kind in Minden, put the players through skating, shooting and passing and receiving skills, necessities, if a hockey player is to play the game the way it was meant to be played.

Although some of the coaches in the Minden Minor Hockey organization would probably have liked to use the available ice time last week to put their players through scrimmages, getting them

ready for the upcoming season that opened on Saturday afternoon at the Community Centre, the program put on by Mr. Goulet was of beneficial value to the hockey players. It also seemed to meet with the approval of the parents of the boys in the Minden hockey program as well. The Express was at the Centre last Thursday evening and their were more parents on hand to watch their child's progress in the hockey school program than were at some of their child's hockey games last season.

Mr. Goulet, along with three or four of the coaches in this year's Minor hockey program began his hockey school routine with the boys doing a light skate for the first five or so minutes of the one hour each team was allotted.

Following this the players were put through

stops and starts, pylon skating drills and then it was onto the puck itself, with proper passing and receiving of the puck.

The following men will be coaching in the Minden Minor Hockey OMHA program during the 1980-81 season: Tykes, Carl Hie; Novices, Kelvin Boyle, Manager-Hugh Taylor; Atom- Tom Russell, manager-Basil Stevenson; Pee-wee- Neil Burk, manager- Dwight Thomas; Bantams- Gene Newell, manager- Ross Walker; Midget- Royce Miller, manager- Doug Kernohan and Juvenile- Joe Cox.

Times of all home games for each of the hockey teams at the Centre for the benefit of all hockey fans are —: Tykes 1p.m.; Novice 2p.m.; Atom 3p.m.; Pee-wee 4p.m.; Bantams 5:30p.m. and Midget 7p.m. Juveniles play their games on Friday evenings at 8p.m.



RE-ELECT LYLE McKNIGHT COUNCILLOR

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... Aggressive

... Dedicated

Representation

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CALL 286-2033

Ontario Hydro takes delivery of its first electric vehicle

TORONTO:— It was a new vehicle introduction without the usual Detroit-style hype -- no marching bands, girls in bikinis, or Madison Avenue advertising.

But then, it was no ordinary vehicle, either.

Ontario Hydro chairman Hugh Macaulay decided on a discreet debut for the new model, a utilitarian van that is the first of 12 electric powered vehicles to be tested by Hydro over the next two years. To mark the occasion, he invited Premier William Davis to take the rig for a spin around the Legislative Building at Queen's Park.

"It goes very smoothly as long as you don't accelerate



Ontario Hydro Chairman Hugh Macaulay (centre) accepts keys for Hydro's first electric van from Howard Candlish, President of Marathon Electric Vehicles Inc. of Ville St. Leonard, Quebec. Looking on is Hydro President Douglas Gordon. The van is the first of 12 electric vehicles Hydro will be testing in the next couple of years.

too rapidly," the premier proclaimed after the road test. "It's comfortable, has good visibility and is fun."

The \$16,000 van, dubbed the C-360 and built by Marathon Electric Vehicles Inc. in Ville St. Leonard, Quebec, is a six-wheeled, three-axle van, powered by 16 six-volt batteries, with a top speed of 68 kilometres an hour. It has an operating range of up to 97 km (60 miles) and can be recharged overnight.

The cost of electricity for a full day's operation? About 70 cents.

Hydro's fleet of 12 vehicles will consist of two electric vans, two hybrid

vans that utilize both electric and gasoline-powered motors, and eight passenger cars. They will be used in and around Metro Toronto

for mail and parcel delivery security patrol, general local transportation and commuting.

Moose Hunters

Con't from page 1

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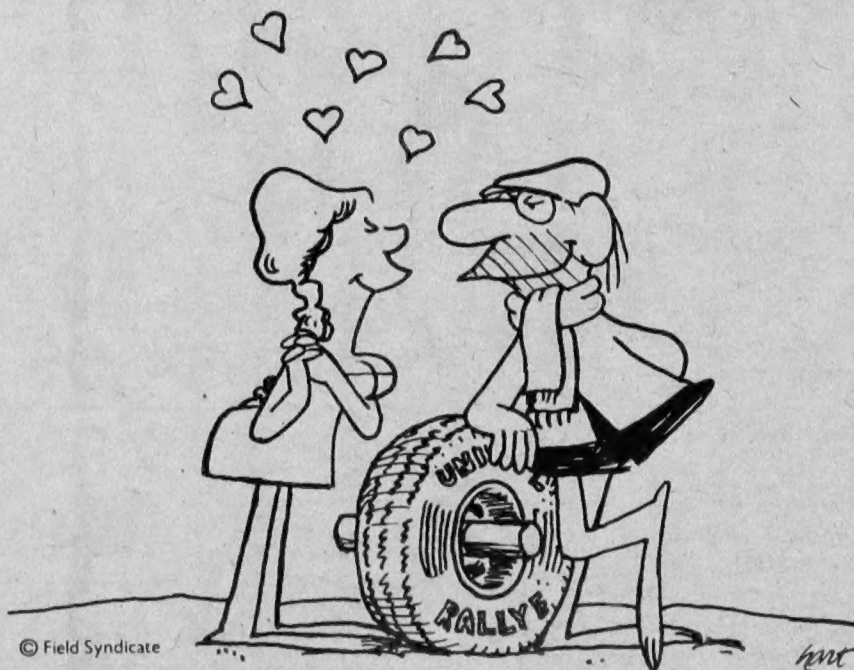
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Stanhope voters will make their choices for the 1980-81 township council, November 10th, and the choice should be given serious consideration.

Matters such as equalized assessment, lakeshore allowances, road closures plus improvements to some township facilities call for capable and serious consideration. The developing oil supply situation could create problems in operating costs for this municipality in the area of road maintenance, heating, school busing and county levies etc. As these costs rise, the impact on the tax payer is going to be more severe and municipal councils are going to need to find ways to minimize the burden on the property owners.

The various subsidy sources may be unable to keep pace with the demands which ensure from rising costs resulting from energy problems. Ontario's library system appears to be in for an onslaught of searching inquiry from the Ministry of Culture and Recreation and also the Ministry of Intergovernmental Affairs. At least this is the conclusion one could make after reading a copy of a speech by Honourable Reuben Baetz, Minister Culture and Recreation, and a study of a paper prepared by the Municipal Budgets and Accounts Branch of the Ministry of Intergovernmental Affairs.

Much information is being sought from the municipalities throughout Ontario to be provided in October or November, much of it quite burdensome to research and prepare, and no doubt when it finds a repository in the upper levels of government it will be given months of study culminating in a program

to be implemented almost overnight.

According to the statement of Mr. Baetz final implementation of whatever program is arrived at would be set for December 1982. Users of regional libraries such as in Haliburton County would be well advised to seek assurance that the service that has been enjoyed as part of the Lake Ontario Regional Library System will not be placed in jeopardy through any re-alignments of the Regional Library System. Handicapped people will find an improvement to the entrance to the Township office through the creation of a ramp for the use of handicapped people. The small area is meant only for the handicapped and should not be used as a parking convenience by others.

Regarding the new assessment plan it may be anywhere from one month to three months before property owners receive the new assessment bills and at that time they will know what the effect is going to be on their pocket book. Some time after the bills are sent out, there will be a series of public hearings at which time property owners will have an opportunity to appeal their assessment.

The turn out of interesting citizens attending the candidates night said a few things about the people of Stanhope, and to us it was all good. The number of people in the audience, the quality of their questions plus the fact that it was a very disagreeable night for many people to venture out, added to the fact that there was an interesting hockey game convinced us that Stanhope is alive, concerned, vibrant and anxious that all Stanhope people find satisfaction in being part of Stanhope Township.

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DOLLAR SENSE

Home policies can cover full replacement value

By Anne Drozd, CA

Only a very small percentage of people go through the devastating experience of having their houses or apartments gutted by fire. Those who do sometimes must also face the fact that their insurance isn't sufficient to replace the furniture or other items destroyed and that some of their possessions aren't covered at all.

Yet the difference in premiums for ordinary partial coverage and insurance that will cover your

Dollar Sense offers general financial advice by members of The Institute of Chartered Accountants of Ontario.

losses dollar-for-dollar can be as little as \$30 a year -- a bargain for peace of mind.

When shopping for home insurance or in reviewing your present coverage, you are strongly advised to seek replacement-value insurance. In these days of seemingly permanent inflation, the difference between a standard home-contents policy and replacement-value coverage can be enormous.

Take as an example a bedroom suite you bought five years ago for \$1,500. With a standard home-contents policy you would have to estimate the value of each item destroyed based on current market value. With a used bedroom suite this might be only about \$500.

Yet, with inflation, a similar new suite might cost \$2,000 to buy today.

Replacement value insurance on the other hand would pay you the full \$2,000, or up to four times the cash value of each item insured.

But the difference in premiums between standard-coverage insurance and replacement-value coverage is usually quite modest. A standard home owner package covering a house for \$60,000 and the contents for \$30,000 typically may cost around \$160 a year. The same package on a replacement-value basis may go about \$190.

Though you can get replacement-value insurance without buying the package, the package is much more economical. For the \$30,000 coverage in the above example you might pay about \$77 for fire-and-lightning protection plus \$130 for theft insurance -- \$207 for contents only compared with house and replacement-value insurance on the contents for \$190.

Not all your possessions, fortunately, go down in value as they get older. Thank goodness for jewelry, art, antiques and other valuables that increase in value.

These items, however, are not usually covered in the general home-insurance policy. You should have them professionally appraised and insured separately.

Anne Drozd is with Touche Ross & Partners, Chartered Accountants, Toronto.

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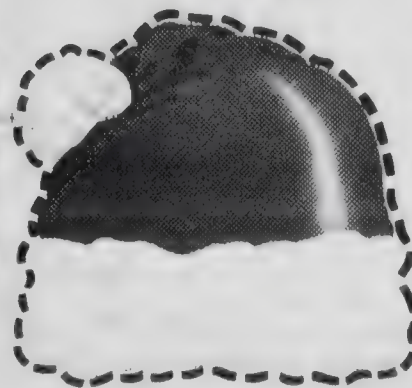
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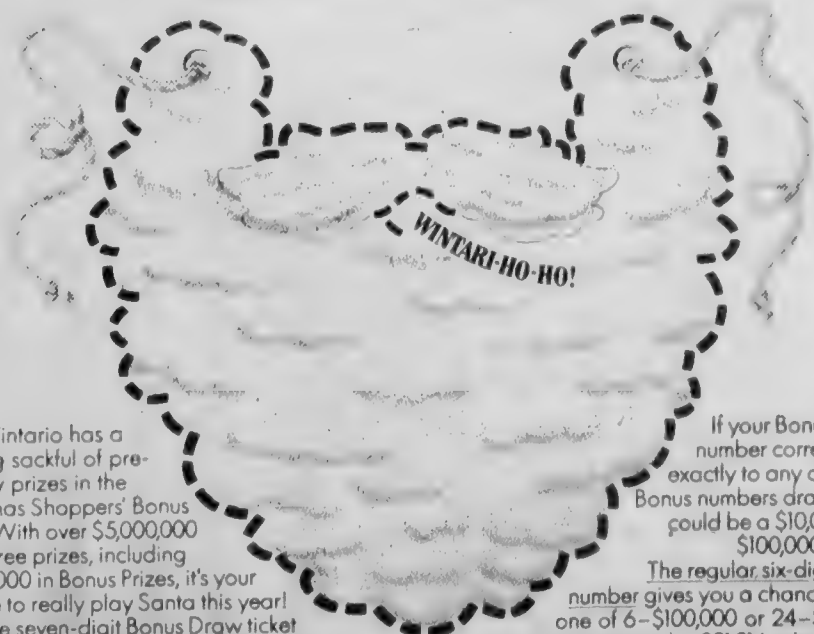
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Travelling is skiing

To a skier, far hills look snowier. That's the way it is in the jet age, and the way it's been since the Norwegians convinced us to switch from snowshoes to the average weekend, says today's turned on skier, but for real excitement there's always a better place beckoning.

Fifty years ago it was that way too. Montreal skiers, accustomed to piling aboard the special ski trains that stopped at every resort from Shawbridge to Tremblant, were being enticed to head for the Canadian Rockies by rail: a complete package for less than 100 depression dollars.

A few Toronto skiers, a little long in the tooth now, recall the days when a train carrying boisterous skiers used to stop at the station called Craigleith, a short walk from the 'mountains'.

In Calgary they'll tell you that not so long ago the train was the only way to get to a great little ski area known as Lake Louise. Vancouver skiers reply to this by pointing out that even more recently, rail was the only route to Whistler's downhill delights.

Nowadays skiers get about a bit differently. On winter weekends the four-lane highways leading from the big centres to the snowy slopes are jammed with ski-topped cars — carrying both the slender cross-country

type and the stubbier kind for blasting downhill. And for that increasingly popular sojourn in the snow known as the ski vacation you can use all the modern conveniences: jet to the Rockies and then get lifted to the mountain tops by helicopter.

A few other differences have been creeping into Canadian ski travel recently. A decade ago, Canadian skiers flocked to the bargain-priced European Alps; now it's a lot less expensive to stay nearer home and discover the long runs of the western mountains where the experts say there's some of the best skiing in the world, thanks to our colder, drier snow.

Five years ago Canadians were flocking to the ski stores to outfit themselves with inexpensive cross-country skis, that booming, hassle-free family sport; now those same enthusiasts are buying better skis and travelling hundreds of miles to try out new terrain.

There's just one problem in all this ski excitement: crowding. With an unprecedented number of Canadian skiers — plus a bigger-than-ever influx from the U.S., Japan and Europe — expected to share in our bountiful seasonal snow resource this winter, facilities will be busy. So it's not too soon to pinpoint some winter dates and destinations

if you are thinking about renting a chalet, holidaying at a lodge, or winging a distance at low-cost charter rates.

The choice in skiing is bewilderingly big: all the way from Mont Ste Anne, the second highest mountain in the east and a mere 25 miles from fascinating Quebec City, to remote Sunshine Village (near Banff) where cars can't get in. Both these areas are noted as downhill resorts, yet Mont Ste Anne boasts excellent cross-country skiing in this provincial park, and Sunshine is the gateway to ski touring in Assiniboine Valley, Canada's majestic Matterhorn. In fact, almost anywhere skiers go in Canada these days they'll find cross-country ski trails starting close-by the downhill lifts, which is handy for families with dual skiing interests.

Don't forget, though, when deciding on dates, Christmas is booked-up busy, early; and the mid-winter school break isn't far behind. Air Canada is repeating its successful vacation packages to the major ski areas this year. Under such titles as Skifari (the western mountains) and Ski Oui (the Quebec hills), the skier can get air transportation, land connections, accommodation and lift tickets all bundled into one attractive price. A

rental car is often an option in these arrangements.

CP Air promotes ski vacations with similar packages, as do some of the charter airlines. In addition several organizations interested in skiing put together their own transportation-accommodation packages for distant as well as nearby ski destinations. So it's a good idea to check with your local travel agents, ski club or ski shop for the one that meets your needs — and for tips on places you may never have heard of, and improvements to facilities you don't know about.

And just to emphasize the fact that cross-country skiers have joined the ranks of the travelling skiers, Air Canada is including in its winter-sport program of package holidays two new vacations. One is for experienced skiers only; a ten-day high alpine adventure along the Alberta-B.C. "Great Divide", sleeping in mountain huts; this trip includes a helicopter lift to the starting point from Grande Cache. The other journey is a six-day trek from Mont Tremblant into the Papineau-Labelle reserve for intermediate skiers who can hack the nine-to-fifteen mile-a-day pace; overnights are in rustic chalets.

Most skiers most of the time travel by car, often going several hundred

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In shaping up for skiing, easy does it!

Hey there, skier! Do you realize that at the next flip of the calendar page, there may be snow in the air! And shortly after that there will be snow on the ground, that's skiable.

And will you be ready for it? Will you be physically fit enough to ski as well as you can all day long? Probably not if you just sit there, doing nothing about it.

Fret not. There's still time to whip yourself into some sort of shape before winter arrives. And whether you're a down-hill basher or cross-country stalker, whether you're an

miles for a weekend and close to a thousand for a vacation. Skiers from south western Ontario regularly drive the long mileage to Tremblant and Quebec's Eastern Townships which boast some of the East's highest ski mountains; Manitobans drive to Banff; Californians drive to Whistler. And Edmontonians have been known to drive to Lake Louise via Calgary -- that's the long way round -- because road conditions are more reliable.

This makes the car a vital piece of the skier's equipment. And that means seasonal maintenance to keep your four wheels rolling through some of the world's worst weather, to arrive at your ski destination more or less on time; and to get home safely. It's too much to leave to luck.

Shell has some ideas on winter driving (part of a series of booklets available free from their dealers). First tip is to get a tune-up and an electrical system check; cold, corrosion and dampness are bound to cause breakdown here first. And your battery is a vital part of the system, too; have it tested. The cooling system will be under a strain in winter, so check anti-freeze and thermostat.

Traditional rear-wheel drive cars need some special attention. When you install your snow tires (and with the growing number of front-wheel-drive cars make sure you get your traction tires on the proper wheels) consider a little extra weight over the rear wheels; a couple of sand bags will be useful here, and you can use the sand to get going on ice, too.

Keep the gas tank topped up to prevent condensation, and use a gas line anti-freeze in very cold weather. Top up the windshield washer with non-freezing solution before starting on a trip, and review the equipment you might need in an emergency (jumper cables, flares, snow shovel). Fortunately, your warm ski clothes are the best thing you could have in case you get caught out in a storm.

But wherever you go to ski this winter, & however you get there, you can look forward to good fellowship around a friendly fire at the end of an energetic day on the slopes, because that's the way it's been in winter since the snowshoe was invented long centuries ago.

overweight male or a slight little female (or vice versa), you can improve your fitness level -- and therefore your skiing ability -- in your spare time. The point is that a bit of extra effort now will pay off later on the hill and trails.

Dr. Douglas Firth, a Toronto osteopath and founder of the Canadian Ski Patrol System, believes that many injuries suffered each year by skiers on the hills could be less severe, or prevented altogether by proper conditioning. "There are many excellent programs of exercises", he says, "but the most effective program for the individual skier is the simple one that he or she will stick with right through the season. It's no good if it's so complicated they won't continue with it." He stresses exercise which promotes the three fundamentals of muscle conditioning; flexibility, endurance and strength.

First of all, let's get organized and figure out what you need most. The answer to that is obvious; nearly everybody needs cardiovascular conditioning ... which is just a big word for helping your heart-and-blood system reach a higher level of stamina. To get on the road to CV conditioning you must work hard enough to puff a bit, and then keep at it for several minutes.

The best single, general exercise for the skier is probably cycling. So get out your bicycle and begin with an easy ride; later on you can put more effort into it. If you don't have a bicycle, see if you can find an exercise somewhere. Swimming is a beneficial basic exercise, too. So is running, or a lively game of squash. If you don't like the choice so far, how about climbing stairs? And of course, there's always walking.

Take it easy at first, make it enjoyable. Then push yourself to the discomfort threshold, and try to do a little bit more every other day -- but only if you feel like it.

This cautious, progressive approach to exercise is important. To do you the most good for skiing, any exercise activity must be started gradually and gently, then practiced consistently. Pain has no place in the conditioning process. You don't want to damage anything vital or get sore muscles before you even start active skiing; exercise is supposed to avoid that.

After a few days of initial exercising you can begin to try a little harder, puff a little longer, endure a little more discomfort. And you'll feel so good when you stop.

Along with general conditioning where your heart and lungs are being asked to deliver more oxygen to the hard-working muscles, there are specific muscle groups which both downhill and cross-country skiers should pay attention to ... gradually.

Let's start out with the most overlooked muscles of

all -- those in the back. A helpful exercise simply involves getting down on the floor on your hands and knees with bare feet. Slowly straighten out one leg until it is parallel to the floor, from your hip; hold it out straight for a few seconds, then bring your knee back down on the floor. Do the same movement with your other leg, and alternate right and left -- say a dozen times each. Then straighten out each arm alternately from the shoulder; another dozen times each arm.

When you've had a few sessions of this exercise, try combining the arm and leg movements: your right arm straight out ahead at the same time you straighten your left leg behind. After a couple of weeks try it with your shoes on and a book in hand for extra

weight. Eventually you may want to do it with your ski boots on, but avoid over-stressing the muscles with heavy downhill boots. Note that slow, deliberate movement is better for your conditioning than fast and jerky action.

A well-toned abdomen is a big help to your back and important in skiing. Old-fashioned sit-ups are frowned on now (too much strain on the lower spine), but this exercise works on the abdomen, back, thighs and hamstrings without levering the spine out of shape.

Sit on the floor, legs together out front, hands on the floor behind for support. Slowly raise your right leg off the floor, keeping it straight. Bring it up as high as it will go comfortably, then hold it there for a few seconds, or as

long as possible. Lower slowly and repeat with the left leg. Just a few repetitions at first; gradually increase. Begin with bare feet, add shoes in a few weeks; maybe ski boots after two months.

Now the upper abdomen. Lie back with the head on the floor, knees raised and bent, feet flat on the floor, arms at the sides. Tell your neck muscles to lift your head slowly until your chin is onto your chest; continue this lifting action until your shoulders are just off the floor (don't raise your whole torso). Then slowly lower your shoulders and head back to the floor. No more than three repetitions to start; these muscles complain painfully if they are overworked.

Let's get a little flexibility into those hamstrings. Sitting on the floor, let your fingers do the walking down your shins -- slowly -- to your ankles, or as close as you can get comfortably.

Grasp ankles and hold them for a few seconds. Then lean back and relax briefly; stretch forward again. If, sooner or later, you can grasp your toes, that's fine, but don't make it a painful objective. And don't bob and jerk forward, hoping to extend your reach another inch; that just tears at the muscle tissue and makes for a painful session the following day. Stretch slowly, gradually and pause for several seconds at maximum extension.

The "quads" -- those muscles on the thighs -- need stretching too. Sitting on the floor, legs out straight ahead, gradually bring your right foot back to your right hip (approximately) with some help from your right hand. Feel those quads stretch! Easy does it. Repeat twice to begin, then add repetitions as you feel up to it.

See Skiing page 6

WITH TODAY'S VACCINE THERE'S JUST NO EXCUSE FOR GETTING MEASLES

Recently, there's been a serious increase in the number of cases of measles in Ontario. At a time when modern vaccines are so readily available, it simply doesn't make sense for you or your family to contract such diseases. Keep in mind that measles can lead to serious complications such as pneumonia or encephalitis, which is inflammation of the brain.

Women of a childbearing age should also be sure they are immunized against German measles -- a disease that can cause serious birth defects.

Of course, you want the peace of mind all year round of knowing you and your family are protected against disease. But what better time to take some positive action than during November, Immunization Awareness Month, by making sure you're immunized.

While you're at it, ask your doctor or local health unit for your copy of the new Ontario immunization record card.

Let's keep Ontario healthy



Dennis Timbrell,
Minister of
Health

William Davis, Premier

Driving Less? Smaller Cars Do Not Need Less Maintenance

By DAVID GILMORE

Motorists are buying smaller cars, driving them less and holding on to them longer, a trend which has important car maintenance implications.

Small cars, with their downsized power trains, have to work extra hard to deliver the performance car owners are accustomed to receiving.

This alone makes it more important than ever to follow the manufacturers' recommended maintenance schedules, says Julian C. Morris, president of the Automotive Parts and Accessories Association (APAA.)

The wear cycle tends to be accelerated in small cars, he says, making compacts and subcompacts more susceptible to damage if their maintenance is neglected.

Down-sizing of the automobile comes at a time when Americans are cutting back on their driving because of the high cost of gasoline. Total vehicle miles driven in 1980 is running about 6 percent below last year despite a record 150 million cars and trucks in use.

If you drive your car less you can cut down on its maintenance, right? Wrong!

"Just because you do less driving doesn't mean you can do less maintenance," says Tim Tierney, APAA director of technical services.

"It's important to follow the

car owner manual's maintenance schedule that is set to time intervals."

For example, oil should be changed at the time interval specified in the manual — even if the mileage interval hasn't been reached, he says. "In a way, it's harder on a car to drive it infrequently than to run up the mileage."

When engine oil is dormant it can break down and turn to sludge, Tierney says. Oil keeps its shape by being heated regularly.

"If a motorist is putting only 6,000 miles a year on his car instead of 12,000, he still needs to change the oil at the recommended time intervals," he says.

Less frequent driving doesn't reduce the need for other routine maintenance. The moisture that accumulates in a seldomly driven car is hard on the battery terminals. Belts have to be adjusted as often; if left in one position they have a greater tendency to dry rot.

"Even if a motorist hasn't cut down on overall mileage, he faces special maintenance problems if he drives his car for short distances," Tierney says.

This is because an engine doesn't warm up to peak operating efficiency until the car has been driven at least 13 miles. "If a vehicle is driven

five miles during a commuting trip, it's running on choke most of the time," Tierney says. "The oil never gets a chance to heat up and as a result it doesn't cool the engine as it should. This results in an accumulation of dirt."

An even more important development in the car maintenance field is the aging of the automobile fleet. The average age of the 117 million automobiles on the road has been increasing in recent years and is now 6.5 years.

Longer Car Ownership

A few years ago it was common practice to trade in for a new car every two or three years. This becomes difficult for some motorists to manage when they pay \$8,000 or \$10,000 for a new car and finance it with a 48-month loan.

As cars get older the need for constant maintenance to retain their fuel efficiency characteristics also increases. With higher gasoline prices, that's something every motorist should keep in mind. To neglect maintenance of older cars is penny-wise but pound-foolish.

Coinciding with the trend to longer car ownership is a growth in the do-it-yourself industry. There are about 44 million do-it-yourselfers in the

country and their numbers are growing by 9 percent a year, according to APAA estimates. More than 60 percent of car-owning households have a family member who performs some automotive maintenance, APAA studies show.

Although cars are becoming more sophisticated in their engineering — with electronic ignitions, turbocharging, energy-saving devices and microcomputer controls — help for the do-it-yourselfer is keeping pace.

"The range of products for the do-it-yourselfer is greater than it has ever been," says Morris. "Educational

materials also are available to a degree not previously known.

"Many merchants help the do-it-yourselfer with product information, car maintenance clinics, films and point-of-purchase literature. Diagnosis is obtainable, with instructions, tools and equipment and all in all a great deal of assistance is available to the do-it-yourselfer."

With fewer models offered by manufacturers, Morris says more and more motorists will want to distinguish their cars by accessorizing them in unique ways, such as using optional wheels, racks, stripes, radios and lights.



Shaping up for Skiing now

Continued from page 5

So much for the formal exercises. Of course this is not a comprehensive program, but it will get any serious skier started on the trail to better conditioning. And they're simple enough to remember. Do them at least once a day; twice is better.

Consider the informal exercises — those helpful movements you can combine with other activities. Downhill skiers need thigh muscles trained for endurance; cross-country skiers will find them useful, too. So at every opportunity — while cleaning your teeth, drinking coffee, reading the paper — stand with your

knees well bent (not more than ninety degrees, though) and feel those quads going to work. Another brief exercise for the quads is the wall sit; with your back against a wall and feet about 18 inches in front, pretend you are sitting on a non-existent chair. Hold the position until the discomfort in your quads tells you to stop. Admittedly your friends will think you a bit strange when they notice this new behaviour; you have the option of explaining it or leaving them mystified.

Here's a related exercise you can practice more frequently and without raising as many onlookers' eyebrows. Every time you sit down anywhere, do it so slowly that the quads get a work out. Reverse the process every time you get up from a chair.

Cross-country skiers need shoulder and arm conditioning; to a lesser extent so do downhillers. So try these two static exercises

for the arms. Place your fist on the edge of a desk (as if emphasizing a point to a thick-headed boss) and press down as hard as comfortable, preferably with your elbow bent at a right angle. Maintain the pressure for a count of ten. Do the same with the other arm. Now put your fist under the desk edge and lift up, once again applying power gradually and not exceeding the discomfort threshold.

To put shoulders in shape, frequently raise your extended arm straight up from your side and high overhead; bring it back down slowly. Raise it again slowly, this time in front of your body. Be sure to give both arms the same amount of work. Gradually add weight to your hand — a good book, for example.

An average day is filled with opportunities to push your muscles — and especially those used in skiing — just a bit more than they are used to, and to make them respond by getting used to these new demands. The point to remember is that damage to muscles is often caused by thrusting an unusually heavy load on them, precisely what you might do on the first run of the season. But gradual stress on muscles permits the muscle fibres to get their act together, and also allows time for bio-feedback in the form of discomfort so you can stop the loading before any damage is done. That's what discomfort is all about; a signal to stop.

So for more satisfying skiing — and maybe more injury-free skiing — start exercising now and keep it up. And remember the old turtle tactic: slow and steady may not win the race but it's the answer for exercise.

A "palm" tree is one under which the village mooch sits all day.

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Now in stock a complete line of trapping supplies. Call 457-1771. (42)

BOLENS SNOWBLOWER—7 hp electric start, excellent condition, phone 286-1715. (42)

Girl's red 1 piece skidoo suit, size 34, man's black and white check raincoat, size 36-38, both in good condition. Phone 286-2036. (43)

4-L78x15 Belted Tire's, 1 tire new, 3 tire's used about 4000 miles. Price \$150. Call 286-1098. (43)

1 Enterprise Range Wood stove, very good condition, asking \$50.00 Call 457-1499

Winching boom for a tow truck, asking \$250. also a snowblower, needs motor. Call 489-2353. (44)

2 snowblowers, 5 hp, \$250. 8 hp \$250; new drill press 3/4 chuck, \$275. Enterprise kitchen wood stove, small \$100. Call 457-2167. (44)

1 Pair of snow tires, C78-13 used 3 months on Pinto \$45, phone 754-2204

Remington chainsaw, \$45.00
Beaver Rockwell table saw \$125; Acorn Fireplace, \$35;
Two fir beams, 4"x14"x17 ft. long, \$50; the second one 4"x16"x18 ft. long, \$75. Call 447-2263. (45)

Eureka adjustable upright vacuum cleaner, excellent working condition. New — \$135., asking \$60. Phone: 286-2498. (45)

Salesmen who drop in and stay and stay and stay are fellows with time on YOUR hands.

GET PROFESSIONAL carpet cleaning results (AT DO-IT-YOURSELF PRICES)

RENT OUR RINSE-VAC—the portable easy-to-use carpet cleaning machine that gently...

- rinses carpet fibers with hot water and cleaning solution
- loosens and lifts dirt, grime and residues to the carpet surface where they are immediately vacuumed up
- leaves your carpets CLEAN and FRESH!



RINSE-VAC

CLEARER CARPETS
CLEANER
KEEPS THEM CLEANER LONGER

Rent for only \$12 a day

Hillside Pro Hardware
Minden 286-1171

REAL ESTATE

MOORE'S LAKE — 2 x 1 acre lots on Hwy. 35, direct access to lake on 20' feet. r.o.w., registered, health approval, cleared, excellent for building, solar heat and wind power. Best offer. Existing open mortgage, \$9700 at 10 1/2% until 1984. Phone 1-705-457-2288 or 1-416-694-9160. (38)

AUCTIONS

MONDAY, Nov. 10 — 7 pm at ORVAL McLEAN AUCTION CENTRE, LINDSAY —bankrupt stock of brand new mirrors, thermal pane glass units and insulated glass both clear and bronze, many sizes, about 300! Don't miss this opportunity to save on insulated glass for many uses. Preview for measurements Sat., November 8, 11:00 am to 2 pm. ORVAL McLEAN, Auctioneer — 324-2783 — Lindsay

AUCTION SALE, — SAT., November 8 — 1 p.m. at property of CLIFFORD HICKS, Bexely, take Hwy. 46 west of Cobocok, turn north west of Provincial Park (see signs). Furniture some antiques, horse drawn farm machinery, straw, hay oak sideboard, chesterfield, square dining table, press-back chairs, wooden radio, old cupboard, antique kitchen cabinet, wringer washer, moehair chesterfield, oak rocker, continental bed antique dresser, 2 iron beds washstand, partial toiletset, treadle sewing machine, garden tools, Quebec cook stove, churn, cant hook, separator, oil lamp, celiers, several horse collars, butter bowl and print, barbed wire, single horse harness, double harness, wooden washing machine, set discs, harrows, 2 wagons, hay mower, rake, wheelbarrow, tools, no reserve, farm is sold. (45)

ORVAL McLEAN, Auctioneer — 324-2783 — Lindsay

Annual Consignment SKIDOO AUCTION, Nov. 29th at ORVAL McLEAN AUCTION CENTRE, Lindsay. Wanted: snowmobiles, cars, trucks, recreation vehicles, tractors, machinery, tools, etc. Please consign now so we can advertise for you. Call Lynn Miller at 324-0182 days or ORVAL McLEAN, Auctioneer, 324-2783 anytime. (45-2c)

FOR RENT

FOR RENT—Stanhope Fire Fighter's Community Centre is available for all occasions: banquets, parties, weddings, etc. Large dance area, modern kitchen, air conditioned. For information call 489-3180 or 489-2408. (33)

HOUSE FOR RENT—Halls Lake, beach, garden, bush on 6 acres. Call 489-2297 weekends or (416) 791-3746 Mon. to Friday. (43)

HOUSE FOR RENT — 1 1/2 story house, 3 bdrm, heat cost reasonable, asking \$250 — available Nov. 22, 1980 Call 286-2655

COMING EVENTS



Rail's End Gallery Drawings by John Leonard and others.

Date: Nov. 4th to 15th, 1980
Christmas Sale: Dec. 5th to 20th, 1980

Quilting Competition: Jan. 9th-30th, 1981

Reminder:

We need entries for the Christmas sale.

Dateline: Dec. 2nd, 1980.

Quilting competition date-line, Jan. 3rd, 1981. (45)

GARAGE SALE

Continuous Garage sale at Audrey's Consignment Store Dishes, furniture, antiques & local crafts. Space heaters, oil tanks, skis, bikes, tables, sinks, etc. Hwy 530 & Stanhope 25th line, Maple Lake. Open Wed., Thurs., Friday 10-5 pm. Saturday 9-6. Due to limited space, please phone 754-2447 for consignments. (41)

HANDYMAN

Repairs, renovations, carpentry, cement, etc. Any type of work. ALSO, chain-saw work and removal of unsafe trees. Call Lorne Bailey, 457-2793. (40)

HELP WANTED

Person needed for 3 hours per day to help with the mentally handicapped students at the Senior Elementary School. No experience necessary. Hourly rate \$4.00 For more information phone Douglas H. Devolin at 457-2922 or write box 569, Haliburton, before Nov. 24th.

SERVICES

SEPTIC TANK PUMPING ALL TYPES

Holding Tank Contracts — 24 Hour Service —
JOE RIVERS
286-2057
R.R. 2, Minden

LES SCHELL PUMPING SEPTIC & HOLDING TANKS,

Well cleaning, 2000 gallon capacity, quick quiet efficient service. (17thn)
CALL ANYTIME, 457-1152

SERVICES

TV — Stereo — Appliances
Repairs to ALL Makes!
Reasonable Rates
John Wood Electronics
RR 2, Haliburton
Telephone 457-2461

SUMMER has passed, so now is the time to clean up your upholstered furniture before the holiday season's entertaining. Call Duraclean Services, 286-2883. (41)

Some have scraps for a meal; others, during the meal.

CARE with all your heart...

Your gift to CARE helps needy people improve their lives by their own efforts. It is their labour which builds a durable house, a school, a nutrition centre, a safer water system, a farm-to-market road. You make it possible for CARE to supply whatever else is required: technical advice, cement, roofing, piping, pumps, picks, shovels and wheelbarrows.

Send your donation to-day to:
CARECanada
Dept. 4, 1312 Bank St., Ottawa K1S 5H7



Save your Life!

Give... THE HEART FUND

CLASSIFIED ADS

SHOPPER'S GUIDE TO EVERYTHING



Do-it-yourself is the answer many drivers are using to beat the rising cost of motoring.

STORE HOURS:

Monday to Wednesday, 9 am to 6 pm;

Thursday to Sunday, 9 am to 9 pm.

The Norland CentreCORNER OF HWY
35 AND 503
NORLAND**TWO BIG WEEKS**Wednesday, Nov. 5th 9 a.m. to
Tuesday, Nov. 18th at 6.00 p.m.**Countdown to Xmas Super Savings!****XMAS CARDS****1/2 PRICE 1.75 pkg.**

prepriced 3.50 pkg of 20 asst.

Mfg. XMAS WRAPsugg. 5.99 **WOW 1.99**

pkg of 9 lge sheets 100 sq ft

JOBBER'S CLEAROUT SPECIAL

All shades and styles

GIRLS 7-14**Long Sleeve BLOUSES****1.99****100% NYLON**

Selling elsewhere for up to \$8.99 BELIEVE IT!!

LADIES sizes S, M, L

V neck PULLOVERS 3.99

100% ACRYLIC, LONG SLEEVE

LADIES FANTASTIC VALUE

Quilted Houserobes**17.99**

REG. and O.S., PRINTS and SOLIDS

REGULAR and OVERSIZE, PRINTS, SOLIDS, assorted STYLES,

Our whole selection of imports

SELLING UP TO 19.99

YOUR CHOICE

LADIES 100% POLYESTER**Long Sleeve BLOUSES****7.99**

REGULAR and OVERSIZE, some BELTED, assorted STYLES and COLOURS

SELLING UP TO 16.99 ELSEWHERE

Ladies POLYESTER PANTS**8.99**

Check the competition on this one.

MADE IN CANADA. 100% ACRYLIC

SUPER VALUE

Ladies Long Sleeve CARDIGAN'S**5.99**

ALL COLOURS AND STYLES, SOME OVERSIZE Check the fashion stores!

Men's **CORDUROY LONG SLEEVE SHIRTS** by Wrangler
ORDRESS UP YOUR MAN WITH
VALUES MADE IN CANADA!Men's **Western style LONG SLEEVE SHIRTS** by MWG**22.95****BOY'S CORDUROY PANTS****SUPER 8-16 6.99**
VALUE 2-6X 5.99**LINED 8-16 8.99**
PANTS 2-6X 7.99

Men's values up to 18.99

Men's designer styled

Polyester PANTS 9.99**Reversible VESTS 24.99**

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BATA BOOTS

FULL SELECTION FROM INFANTS TO ADULTS

IN STOCK,

full selections,

Touques, Headwear, Mitts, Gloves,
Outerwear and Footwear for
the winter season**SAVE \$\$ AT THE NORLAND CENTRE**